

# VOLUNTEER UPDATE



## ROADMAP OUT OF LOCKDOWN & BACK TO VOLUNTEERING

With the latest announcements, we're planning how to return volunteers back to sites safely. Currently, no volunteers are physically within any of Nottinghamshire Healthcare services.

**Before you return, you must speak with the Volunteering Team.**

In February, Lyndsy, Laura and a few volunteers met to discuss what the Involvement Centres may look like upon our return. It was a useful discussion and we've summarised the main themes in this newsletter. If you want to be involved in future conversations, let us know.

We've also created a short video on how to register on the e-Learning for Healthcare system to access your training. In the coming weeks, we'll be sharing more about the importance of the Volunteer Passport and the National Volunteer Certificate.

### Issue 26

1<sup>st</sup> March

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# Volunteering Opportunities

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Each newsletter, we're going to highlight a specific volunteer role. To find out more about **all** the roles we have on offer, check the Volunteer Hub, our website or speak to the team.

[involve.nottshc.nhs.uk/blog/volunteeringopportunities](https://involve.nottshc.nhs.uk/blog/volunteeringopportunities)

0800 052 1415 [volunteering@nottshc.nhs.uk](mailto:volunteering@nottshc.nhs.uk)

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## Co-designing Millbrook Hospital for Older People's Mental Health Services

Over the next year the adult mental health wards currently at the Millbrook site will be moving to a new location. This gives Mental Health Services for Older People (MHSOP) the opportunity to redevelop and redesign the space at Millbrook.



We would like to set up a group of service user, carers and experts by experience in order that the 'patient voice' can be included in the organisations' discussions on refurbishing the Millbrook site.

The group might look at current feedback across MHSOP services, decide who else we need to listen to and how to do that, and be a place for

discussion and challenge. Hopefully we will have some fun and enjoy being part of the group.

We are hoping to set up a regular meeting once a month which will be approximately 2 hours long.

Due to the current COVID-19 restrictions it is very difficult for us to plan large meetings, but if you let us know that you are interested in being involved we will then explore how we will run the meetings.

If travel costs are incurred, we will be able to reimburse people who have had to travel to take part in a meeting, either by calculating mileage driven or by producing receipts for travel.

# The IEV Team & Involvement Centres

## Returning to volunteering on Trust sites.

You can read this article in full [on our website](#).

Since the announcement earlier this week about the [proposed easing of restrictions across the UK with estimated dates](#), we've had enquiries about when volunteers will return back to Nottinghamshire Healthcare sites.

The short answer is **not yet**.

As a team, we find out about the Government's decision and dates when the rest of the population does. Based on the announcement and estimated stepping down of restrictions, we're going to spend the next couple of weeks planning how our volunteers can return to site and how we manage the risks involved. Once we have a plan, we'll let our volunteers and staff know.

We're eager to get people back into their roles supporting patients, carers, staff and services; and we know our volunteers are as eager too.

## The Involvement Centres

Lyndsy, Laura and a group of volunteers met on Thursday 25<sup>th</sup> February to start a conversation about the Involvement Centres and what they may look like when we are able to return to them. This initial conversation was focussed on the purpose of the Involvement Centres.

Themes that arose from the conversation included the community, sense of belonging and a safe environment. Another theme that was apparent was how the Centres, alongside volunteering, other volunteers and the staff team, aid people in their recovery and wellbeing. We spoke about the importance of physically meeting, digital exclusion, but also how a blended approach of working physically and virtually may also help promote inclusion.

The next conversation will be on **Friday 12<sup>th</sup> March, 10:30am-12pm** on the **General Channel of the Volunteer Hub**. All volunteers are welcome to be part of this discussion. We will be focussing on how the inclusion of virtual working may impact the Centres and how the space in the Centres can be used.

## NottsHC Volunteer Hub

The number of volunteers on the NottsHC Volunteer Hub has been slowly growing and it's been wonderful to see people start to post and get involved in meetings and discussions there. If you've missed the information we've sent out about setting up the Hub, you can read it on our blog [here](#).

### Getting started:

1. When you ask to join the Hub, we'll add you with the email address we use with you – let us know if you want to use a different one.
2. Download MS Teams for laptop or mobile:  
<https://www.microsoft.com/en-gb/microsoft-teams/download-app>
3. You may have to create an account with MS Teams using the same email address we use with you and as mentioned in step 1 above. As part of this process, you may have to validate your email address with a code or provide a phone number for two-factor authentication. This is similar to what you need to do with other online and email services. Please note that we as a team don't have access to your passwords or verification codes and won't be able to reset passwords or similar for you.
4. To get used to the layout, Microsoft have got some useful videos and tutorials on their website - Welcome to MS Teams Video:  
[https://www.youtube.com/watch?v=jugBQqE\\_2sM](https://www.youtube.com/watch?v=jugBQqE_2sM)
5. Once you've set up your account and logged in, You should be able to see the NottsHC Volunteer Hub on your Teams list

If you've set up your account, but are still having issues getting logged in and started, contact us and we'll try our best to help you get online.

If you'd like to join, let us know and we'll add you to the team we've set up or send you a joining link.

# Training Spotlight

This training is free to access on the e-Learning for Healthcare site. If you need support in setting up an account or accessing the training, please contact the volunteering team and we can help.

[e-Learning for Healthcare website](#)

## Registering on e-Learning for Healthcare



### Volunteer Learning Passport

GETTING STARTED

We've created a new video that shows how to register on the e-Learning for Healthcare system, how to access the Volunteer Learning Passport and how to download your training certificates.

You can watch the video [here](#).

#### Why should I complete the training online?

The online training is a standardised system that is being offered to volunteers in the NHS nationally. The sessions are incredibly similar to those offered to staff but have been designed specifically for volunteers. Now is a brilliant time to complete your training online, as we hope to restart volunteer roles as restrictions ease nationally, which means you'll be able to immediately start in your role as soon as you can, as your training will all be up to date.

#### Can I wait until the Involvement Centres open?

Yes you can, however we don't have a set date as to when that will be. If you wait for this, it's likely that your return to your volunteering role will be delayed. Although we're exploring with Health Education England as to how people can access training "offline" through booklets, this isn't currently an option.

#### What's the difference between the Volunteer Learning Passport and the National Volunteer Certificate?

The Volunteer Learning Passport is standardised training which has been designed to be portable across volunteering organisations and is free for volunteers in health and social care. The programme aims to enable safe volunteering and to build community capacity to complement public services, which is a key strategy for improving health and wellbeing. [The National Volunteer Certificate](#) can be awarded to volunteers who have completed the Volunteer Learning Passport and who can evidence 60 hours of volunteering.

# Nottinghamshire Healthcare Update

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Highlights from John Brewin's daily staff briefings.

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## Dr Julie Hankin

I wish to let you know that Dr Julie Hankin, Executive Medical Director at Nottinghamshire Healthcare will be leaving in April to take up her new role as Medical Director with Cambridgeshire and Peterborough NHS Foundation Trust.

Julie has worked for Nottinghamshire Healthcare since 2014 and during that time counts among her many achievements the creation of our clinical development unit looking at clinical informatics and supporting transformation, the Trust work on zero suicide and the opening of our new medical education centre in Highbury.

I am sure we will miss Julie's drive in the work across the local system, particularly her work to position Nottinghamshire Healthcare as the mental health provider within the integrated care system, the creation of the system mental health strategy for the people of Nottingham and Nottinghamshire and her senior leadership involvement in the formation of the system-wide clinical executive group.

Whilst I am sure many of us will miss Julie and the skills and drive she brought to Nottinghamshire Healthcare and our patients and colleagues, I am pleased that in moving to her new role Julie will be working closer to her home and so will be able to spend more quality time with her family.

I am sure you will all join me in wishing Julie all very best wishes in her new Trust.



## Have your say on proposals to change mental health services in Bassetlaw

As previously shared, NHS Bassetlaw CCG is looking to develop community services and change the way mental health and dementia inpatient services for adults and older people are provided. These proposals include providing adult inpatient mental health services (currently provided at Bassetlaw

Hospital) at refurbished accommodation at Sherwood Oaks and older people's services within a refurbished unit at Millbrook Mental Health Unit, Sutton in Ashfield. A final decision will be made by the CCG once people's views have been considered alongside other information, including the views of partner organisations and independent clinical advice. You can join the conversation by visiting <http://www.bassetlawccg.nhs.uk/get-involved/how-to-get-involved/bassetlaw-mental-health-engagement> where the full engagement document, a summary, FAQs and link to the survey can be found. You have until 18 April 2021 to submit your views.



### **Mental Health Division Equality, Diversity and Inclusion Lead**

Welcome to Maxine Davis as our Equality, Diversity and Inclusion Lead for the Mental Health Services Division. Maxine has a background in leading the Equality and Diversity agenda in Local Government, Higher Education and health organisations. She has also worked in commissioning early intervention services for children and young people and was a Lay member of a CCG Board for a number of years. Maxine has a strong footing in the local community sector and has built trusting relationships with a range of BME and other voluntary sector organisations. She has a wide experience of engaging marginalised groups and developing co-production approaches. More recently she worked for a regional health organisation and also as an Investors In Diversity Assessor for a national diversity organisation.



### **Narrative Experience Online**

The [NEON \(Narrative Experience Online\) study](#) is led from the Institute of Mental Health and is running three clinical trials looking at whether access to online recovery stories can help people affected by mental health problems. NEON is particularly looking for people who are living with any type of mental health problem (diagnosed or not) or have cared for others with experience of mental health problems. Nottinghamshire Healthcare staff, service users

and non-service users are encouraged to get involved and can sign up online, visit <https://recoverystories.uk>



### **Nottingham mental health experts join forces with Aardman**

Nottingham mental health experts at the University of Nottingham and the Institute of Mental Health partnered with [Aardman](#) Animations

[#WhatsUpWithEveryone](#) A campaign to encourage young people to be more aware of their mental wellbeing. Short films aimed at young people aged 17-24, co-created with the young audience.

<https://whatsupwitheveryone.com>



## Links and information

### COVID Vaccination Programme Update

Latest published data, as of 18th February, shows that in Nottingham and Nottinghamshire we have administered 227,184 vaccinations. A breakdown of the figures shows more than 95% of our care home residents have received the vaccine, 92.3% of people aged 80+, 99% of people aged 75-79, 89.8% of people aged 70-74. The latest figures will be updated on 25th February where we expect to have made further improvements.

### Cohort 5 and 6 urged to book vaccination appointments

Over 65s (cohort 5) and those identified as JCVI cohort 6 have been invited for a vaccine by text and letter. We are currently finalising plans to call forward cohort 7 (Over 60s) and hope to update further on this later this week.



### Applications open for The Women Thrive Fund

The Women Thrive Fund, delivered by Rosa and Smallwood Trust, is distributing grants of up to £40,000 to specialist women's organisations across the UK.

Organisations should be working to enable women and girls to improve their mental health and wellbeing and/or improve their financial resilience. The fund is particularly looking for proposals from organisations that address the needs of women and girls who miss out the most.

The deadline for applications is 5pm on Thursday 25 March 2021

[Read more here.](#)



### Care Opinion Newsletter

Care Opinion have just published their latest newsletter. It includes:

- Feedback in a pandemic

- Northern Health and Social Care Trust: A case study
- How to create a slideshow of your stories
- Using feedback in teaching

[You can read it here.](#)



## East Midlands Academic Health Science Network - Public Face 257

- Get involved in Shaping Our Lives on-line round table for Disabled women who identify as Lesbian, Bi-sexual or Transgender (LBT) to enable Disabled women to discuss inclusion or exclusion in LBT communities. For details please [email Becki Meakin](#) or call 07956 424511 by 5pm on Wednesday 3 March 2021.
- Have your say in the [Care Quality Commissions new draft strategy](#). Consultation ends Thursday 4 March 2021.
- Read this [NHS Digital blog by Alexis Farrow](#) explaining their public engagement and how the Public Facing Digital Services Project is meeting the needs of Nottingham and Nottinghamshire's population.



## TuVida - Connecting carers VIRTUAL SUPPORT via zoom FOR CARERS

Tuesday 2 <sup>nd</sup> March	<a href="#">1.30pm</a> : Asian Women's Support Group with Noreen Yousaf
	<a href="#">4.30pm</a> : Young Carers Big Game Session with Lana & Zena
Wednesday 3 <sup>rd</sup> March	<a href="#">10.00am</a> : Carers Café with Linda, Sally & Fatima
Friday 5 <sup>th</sup> March	<a href="#">10.30am</a> : Carers Café with Becca and Christina
Tuesday 9 <sup>th</sup> March	<a href="#">10.00am</a> : Carers Café with Lana and Dee
	<a href="#">4.30pm</a> : Young Carers Pets' Portrait with Coral
Thursday 11 <sup>th</sup> March	<a href="#">2.00pm</a> : Cake Decorating with Sue from Volunteer Service
Friday 12 <sup>th</sup> March	<a href="#">11.00am</a> : Q&A with Clinical Lead re: Covid-19 Vaccination
Saturday 13 <sup>th</sup> March	<a href="#">4.30pm</a> : Young Carers Mother's Day Biscuit Making with Coral & Lana
Monday 15 <sup>th</sup> March	<a href="#">2.00pm</a> : Tai Chi for Adults with James and Catherine
Tuesday 16 <sup>th</sup> March	<a href="#">5.00pm</a> : Young Carers Magic Show with Careena, Lana, Zena & Coral
Wednesday 17 <sup>th</sup> March	<a href="#">1.00pm</a> : Afro-Caribbean Carers Café with Jazz
	<a href="#">2.00pm</a> : Guest Speaker from Let's Talk Wellbeing Counselling Service
	<a href="#">6.00pm</a> : Young Carers Boxing and Mindfulness with Zena & Coral
Thursday 18 <sup>th</sup> March	<a href="#">1.30pm</a> : Carers Café with Hayley & Kayleigh
Tuesday 23 <sup>rd</sup> March	<a href="#">4.30pm</a> : Young Carers Bingo with Zena & Lana
Wednesday 24 <sup>th</sup> March	<a href="#">2.00pm</a> : Bingo for Adults with Helene
Friday 26 <sup>th</sup> March	<a href="#">10.30am</a> : Craft Session with Sue from Volunteer Service

Virtual sessions will run via Zoom (laptop/tablet/mobile with speaker & camera required). To book onto a Virtual Session please contact Nottinghamshire Carers Hub: Email: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org) / Tel: 0115 8248 824